



Questions that will aid in unlocking your life story

High Times

1. What have I done that I am personally proud of, or for what accomplishments have I received recognition from others and have personally enjoyed doing?
2. At what point in my life did I feel particularly good about life or did I seem happiest? What contributed to these feelings?

Hard Times

1. What has been tough in my life?
2. Are there incidents that have happened to me that have been difficult for me to talk about with others?
3. What or who has been a source of pain in my life? How? When?
4. Have I had significant disappointments, accidents, illness or injustices that have affected me? How?
5. Was there substance or other kinds of abuse in my past, either on my initiative or on the initiative of others? What was it?

Heritage

1. What is my basic temperament like?
2. What have been the significant influences of my parents (or caregivers) in my life?
3. What was a major source of my gaining self-esteem as a child?
4. What was the general atmosphere in my home growing up?
5. Have my ethnicity and culture played an important role in my life? How?
6. What have my peer relationships been like over the years?

Heroes

1. What people have played a key role in influencing me for good? How have they done so? What have they imparted to me for which I am grateful?
2. Some possible examples of heroes; parents, neighbors, mentors, church, or other spiritual leaders, teachers, famous figures, historical role models, coaches and significant others.

Unique Hand of God

1. What experiences in your life cannot be explained apart for God?
2. Are there any people that came into your life at the perfect time? A time when you can clearly see that God placed them in your life to help you in a particular area?

Hurts

1. What can you identify as the most painful experiences you have ever endured in your life?
2. What is your most disappointing experiences?

Hopes

1. What do you stay up at night dreaming about? Why?
2. What did you not achieve as a child that you long for today?

Heart

1. What does your heart long for? What are you passionate about?
2. Spiritually, what are you yearning after? Why is it that you long for it?

Interpretive Trigger Points

In order for an experience, an individual or an event to make it to your life map it must have impacted one of or all of the following three areas:

1. Did the experience shape your core values?
2. Did the experience develop your abilities?
3. Did the experience give you a deep motivation?

Discovering My Best Defining Experiences Worksheet

Section I: These are my best memories of people, places, things, and events.

My Life Stages	People	Places	Things	Events
Preschool Years				
Grade School Years				
15-25 Years Old				
25-35 Years Old				
35-45 Years Old				
45-55 Years Old				
55+ Years				

Section II: From the list Above, These Experiences are the Most Defining Because they

Formed My Core Beliefs

Gave Me Deep Motivations

Developed My Abilities

<u>Experiences</u>	<u>Beliefs</u>	<u>Experiences</u>	<u>Beliefs</u>	<u>Experiences</u>	<u>Beliefs</u>

Section III: My Top Three Best Defining Experiences are

#1	#2	#3
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